

BALLOON LAP PRESS-DOWNS

The form for this activity encourages tall sitting while strengthening the low back and triceps. Strong low back muscles help maintain upright posture and reduce common kinds of back pain. Triceps are the arm muscles that participants often use to get out of chairs.

Benefits »

- Strengthens back and arms.
- Incorporates tall sitting into a strength exercise.
- Aids many activities of daily living.

Set It Up »

Each participant will need a Balloon or a Slo Mo type of ball for this exercise.

How to Do It »

The Start

- Participants place a balloon (or soft, medium-sized ball) in their lap, near the knees. This distance is to help ensure that the arms are almost straight.
- They place their palms on the balloon and lift the fingers away from the balloon.
- Inhale to prepare and pull the torso up into the ABLE Bodies Tall Sit position.

The Moves

Use the following cues.

- Exhale and press down on the balloon through the palms of your hands, using arm and back strength.
- Hold the press 1 to 2 seconds while maintaining the Tall Sit.
- Can you feel the low back and arms doing the work?
- Relax.
- Repeat 8 to 12 times, as tolerated.

Take It Further »

- Press harder or longer.
- Move the balloon farther away in the lap. The arms will be straighter.

Give It More Balance »

- Place feet in tandem position with heels lifted.
- Cross the ankles and hold the feet just off the ground while pressing.

Keep It Safe »

Keep the abs braced, ribs lifted, and shoulder blades back and down throughout.

